



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...  
**DAVE'S RECIPE BOX**

# ZUCCHINI, CORN AND PARMESAN FUSILLI PASTA



PREP  
**10 min**



COOK  
**25 min**



SERVES  
**4**

## INGREDIENTS:

- > 500g Fusilli Pasta
- > 300ml Stock
- > ½ Shallots Bunch
- > 1 Corn
- > 2 Garlic Cloves
- > 500g Zucchini
- > ½ Parsley Continental Bunch
- > 150g Parmesan Cheese
- > 300ml Cream

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > 1 Tbsp Butter
- > Olive Oil

# METHOD – GET COOKING!



1

Bring a large pot with water to the boil and cook the pasta as per packet instructions.

Crush the garlic, grate the zucchini, wash and slice the shallots. Peel and slice off the corn kernels. Chop the parsley reserving a handful for garnishing and the rest for cooking.

Set all ingredients aside.

2

In a large casserole dish on a high heat, drizzle olive oil and add the shallots and garlic. Cook for 3 minutes stirring occasionally until golden brown.

Add the grated zucchini and cook for a further 3 minutes. Then add the cream. Fill the cream container with the stock and add to the sauce.

Add the chopped parsley, season with salt and pepper and bring to the boil.

3

Add ½ a cup of the Parmesan cheese and butter to the casserole, cook for a further 5 minutes until melted. Turn off the heat and set aside.

Using a stick blender, blitz the creamy zucchini sauce for approximately 1 minute until vibrant green and creamy. Add the corn and stir thoroughly.

4

Drain the pasta once cooked. Add the sauce and mix well.

Garnish with Parmesan cheese and parsley leaves.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover stock in a risotto, soup, or with any slow cooked meats.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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